



ANNA : SPA



Dear ones,  
I proudly run  
our cozy spa with  
a lot of heart.

Let us consciously pamper  
you and feel the personal recharge.

Thank you for being with us,  
Anna with Helene and Andrea

*Anna*

**Opening hours**

**Indoor & outdoor pool** 7:00–20:00

**Saltwater infinity pool** until 19:00

**Spa treatments** 9:00–19:00

**Sauna** winter 15:00–19:00, summer 16:00–19:00

**Fitness** 7:00–19:00

Spa extension 908, +39 0473 29 11 35,  
annasp@muchele.com, muchele.com

book your  
spa treatment



**NATURAL SKIN CARE**

THE POWER OF THERMAL WATER IS THE BASIS OF MY CARE,  
A TRUE MIRACLE CURE.

**NATURAL BODY**

50 MIN | EUR 98

Regenerating full-body peeling with healing clay and citrus fruits, firming massage with lime, white grapefruit and vanilla. The skin becomes more receptive and soft to the touch.

**NATURAL FACIAL**

55 MIN | EUR 95  
+ MICRONEEDLING PEN | EUR 140

Gommage, eyebrow correction, deep relaxation massage with valuable plant oils, mask, care. Anti-inflammatory, regenerating effect.

Since 2016 vegan

Cruelty-free & Made in Italy



## FACIALS

I use individually formulated active ingredients to bring the body's own energy systems into perfect balance. The result is lasting radiant beauty and complete inner balance. After a treatment, the skin is smoother and firmer, the complexion glows anew.

**I ask the women to come to our date without make-up.  
I want you to be completely natural :)**

BEAUTY FLASH CA. 30 MIN | EUR 65  
+ MICRONEEDLING PEN | EUR 110

Deep relaxation massage with valuable plant oils, freshness mask booster, care.

EYE FLASH CA. 20 MIN | EUR 55  
+ MICRONEEDLING PEN | EUR 90

This effective treatment decongests and tightens the fine, stressed skin around the eyes.

NATURAL FACIAL CA. 55 MIN | EUR 95  
+ MICRONEEDLING PEN | EUR 140

Gommage, eyebrow correction, deep relaxation massage with valuable plant oils, freshness mask, booster. Anti-inflammatory, regenerating effect.

ROYAL FACIAL CA. 85 MIN | EUR 135  
+ MICRONEEDLING PEN | EUR 180

Gommage, intensive cleansing, eyebrow shaping and tinting, eyelash tinting, deep relaxation massage with precious plant oils, freshness mask booster, care.

MINI LIFTING 80 MIN | EUR 165

Intensive facial treatment with an immediate effect thanks to vibrations and the use of the micro-needling roller. Activates the skin's self-renewal mechanisms and the production of new collagen and elastin fibers. Active ingredients penetrate deeper into the skin via micro-channels. Visibly improves the skin structure, rejuvenates the skin, reduces wrinkles and scars. The skin becomes significantly denser, firmer and lastingly tighter. The eyebrows are corrected during this treatment.

POWER FACIAL 80 MIN | EUR 178

(enjoy in the evening after sunbathing) The deep exfoliation of the AHAs enables intensive cell activation and supports the penetration of the treatment based on pure vitamin C, which lightens and counteracts visible skin discoloration. This is a treatment that counteracts skin ageing caused by environmental factors. I recommend this treatment for skin discoloration caused by the sun or for smoker's skin.

INTENSIVE FACIAL 80 MIN | EUR 185

(enjoy in the evening after sunbathing)

Intensive two-phase treatment that improves the penetration of active ingredients thanks to Retinol Tri-Active Technology and an exclusive peeling formula. Visibly reduces wrinkles, tightens and evens out the complexion, giving the skin a younger and more radiant appearance. Highly effective deep care. I do not recommend the treatment during pregnancy.

GLOW FACIAL 80 MIN | EUR 178

This revitalising treatment is a combination of the Power and intensive treatment (vitamin C & retinol). Dark spots are lightened and lines are smoothed. I recommend not to do the treatment during not to do the treatment during pregnancy.

GENTLEMAN LIKE CA. 50 MIN | EUR 95  
+ MICRONEEDLING PEN | EUR 140

Gommage, intensive cleansing, eyebrow correction, deep relaxation massage with valuable plant oils, mask, care. Dear men, please come to the treatment shaved.

TEENIE FACIAL CA. 80 MIN | EUR 85  
+ MICRONEEDLING PEN | EUR 130

Gommage, intensive cleansing, eyebrow correction, deep relaxation massage with valuable plant oils (pore-refining), mask, care.

What can you do to make your rosy complexion last longer after the facial treatment?

**Anna's insider tip: Quite simple: treat yourself to a beauty flash 1-2 days after your facial.**

## AYURVEDA

Without touch, we become ill.

So that the energy can flow through the whole body, you are wrapped in warm sesame oil from head to toe.

**SHIRO ABHYANGA** head, neck and back 30 MIN | EUR 55  
Stress, tension, long periods of standing or working in a sitting position tense the muscles. This massage with warm sesame oil balances the energy of all the chakras.

**PADA ABHYANGA** foot massage 45 MIN | EUR 78  
Has a regenerating, cleansing, invigorating effect and protects against inflammation. Releases energy blockages and emotional blockages, regulates the lymphatic system and ensures velvety soft skin. Foot bath with chakra stones and refreshing lemongrass, gel wrap. Soothing, deep-acting massage with precious essential oils.

**ABHYANGA** 50 MIN | EUR 98  
The great oiling - physical cleansing and touching the soul. It is the oldest traditional massage treatment in the world. Toxins are eliminated and the skin becomes soft and supple.

**MAHA MARMA** 50 MIN | EUR 98  
All 7 chakras are opened with various essential oils and the corresponding stones, stimulated by a circular pressure massage and then connected.

**KERALA** 80 MIN | EUR 142  
Used to relieve tension and fatigue, has a stimulating and vitalizing effect on the metabolism. A blessing for body, mind and soul.

Beautification or relaxation in an hour?

**Anna's insider tip:**

**Preferably both. I like to combine the Shiro Abhyanga with a Beauty Flash afterwards.**

## BODY TREATMENTS

Valuable, natural active ingredients nourish the skin and revitalize the body.

**HAND FLASH** CA. 20 MIN | EUR 48  
+ MICRONEEDLING PEN | EUR 85

Gommage, deep relaxation massage with precious plant oils. Firming mask, booster care.

**BACK CARE** 50 MIN | EUR 85  
The back is an area of the body that we often neglect. This treatment helps with impurities and includes cleansing, gommage and a relaxing massage. Finishes with a clarifying algae pack.

**NATURAL BODY** 50 MIN | EUR 88  
ration for body, fascia and tissue. Directly noticeable effect. Regenerating full-body peeling with healing clay and citrus fruits, firming massage with lime, white grapefruit and vanilla. The skin becomes more receptive and soft to the touch.

**DETOX**  
Cupping massage with BA salts for intensive detoxification. Great cleansing for the body, fascia and tissue. Directly noticeable effect.

**FULL BODY DETOX** 50 MIN | EUR 88  
**BATH WITH FULL BODY DETOX** 80 MIN | EUR 135

**BIOENERGETIC**  
To detoxify the tissue and promote cell regeneration. Stimulates the oxygen supply. After intensive tissue purification, the skin is strengthened, revitalized and smoothed. Look forward to new vitality and energy. Energy blockages are harmonized.

**BIOENERGETIC LEGS OR BACK** 50 MIN | EUR 95  
**BIOENERGETIC COMBINATION LEGS & BACK** 80 MIN | EUR 137

**SEA SALT SCRUB** 25 MIN | EUR 48  
Activating full-body peeling, promotes the breakdown of waste products and thus firms the connective tissue.

GRAPE MARC PEELING 25 MIN | EUR 48  
WITH GRAPE SEED EXTRACT MASSAGE 80 MIN | EUR 135

Cleansing full-body peeling with natural grape marc, gentle without abrasive particles. The high fruit acid content refines, smoothes and tightens the skin. Suitable for sensitive skin.

KUNTRAWANT MIRACLE 60 MIN | EUR 98

Full-body coffee scrub with massage. Caffeine helps against cellulite and stretch marks, strengthens body and mind. This treatment drains the tissue and stimulates circulation. Wonderful, long-lasting coffee fragrance and soft, supple skin.

ROYAL BODY 120 MIN | EUR 168

Gommage, massage with organic aromas, precious oils and activating mask. A detoxifying algae wrap is applied as the crowning touch. Whether relaxing, detoxifying or firming: an absolute pampering care experience

Short treatments with a great wellness effect:

**Shiro Abhyanga, Beauty Flash, wine marc peeling, foot massage, partial massage**

## MASSAGES

HALF BODY MASSAGE (LEGS OR BACK) 25 MIN | EUR 48

FEET MASSAGE 25 MIN | EUR 48  
50 MIN | EUR 98

The feet are the mirror image of the organs, glands, joints and bones. Irritations can be recognized and treated on the feet. This powerful energetic treatment harmonizes the flow of energy throughout the body.

INTENSIVE BACK MASSAGE 50 MIN | EUR 98

Intensive, tension-relieving massage with deeper strokes. By warming up the back, neck, shoulder and lumbar muscles, the mobility of the spine and head is improved and tissue circulation is increased.

FEET- & LEGS MASSAGE 50 MIN | EUR 98

FEET- & BACK MASSAGE 50 MIN | EUR 98

LEGS- & BACK MASSAGE 50 MIN | EUR 98

FULL BODY MASSAGE 50 MIN | EUR 98

SPORT MASSAGE 50 MIN | EUR 98  
80 MIN | EUR 138

Muscle tensions are released, metabolism and blood circulation activated. Mobilization of the joints, activation of self-healing.

GRAPE SEED EXTRACT MASSAGE 25 MIN | EUR 48  
50 MIN | EUR 98

Cleansing full body peeling with natural grape marc, gentle without abrasive particles. The high fruit acid content refines, smoothes and tightens the skin. Suitable for sensitive skin.

RELAX MASSAGE 50 MIN | EUR 98

The loosening of the joints relaxes and invigorates the muscles and reduces stress. The relaxation massage increases vitality and well-being and has a restorative and relaxing effect on the nervous system. The body is put into a wonderful state of rest. Conscious touch for body and mind. A relaxing massage that has a calming effect on the body and mind.

#### DRAINING FACIAL MASSAGE

25 MIN | EUR 46

A decongesting, soothing, gentle facial massage. Accompanied by a relaxing head massage.

#### DRAINING FULL BODY MASSAGE

50 MIN | EUR 98

80 MIN | EUR 138

Gentle lightness. Rhythmic pressure movements stimulate the lymphatic flow, relieve water retention and oedema (chronic or acute swelling). The immune system is also strengthened. This treatment helps the body to remove excess toxins. This relieves the connective tissue.

Ticklish feet?

**You'll enjoy the massage  
and feel the soothing effect :)**

## BATHS

You can also enjoy the bath as a couple.

#### DETOX BATH

25 MIN | EUR 48

Detoxifying, clarifying, improves blood circulation to the skin.

#### RELAX BATH

25 MIN | EUR 48

#### VINUM

90 MIN | EUR 135

FOR TWO | EUR 220

Regenerating, moisturizing. The healing power of wine and oil was already known in ancient times. That's why we pamper you with a gentle wine bath followed by a massage using the natural products from the vineyards. This treatment promotes the elimination of toxins and the cold-pressed grape seed oil used makes the skin particularly supple. The polyphenols contained in the magic potion wine stop premature skin ageing, stimulate the red blood cells and have an anti-inflammatory effect. Our dad always says: "Better a glass of red wine a day than none at all." With this in mind, we invite you to join us for a glass of wine afterwards.

**Anna's insider tip:**

**Treat yourself to a massage afterwards  
for an all-round feeling of well-being.**

## VISIT CARD

EYEBROW CORRECTION	EUR 30
EYEBROW TINTING	EUR 20
EYEBROW CORRECTION & TINTING	EUR 36
EYELASH TINTING	EUR 36
EYEBROW AND EYELASH TINTING	EUR 40
PEDICURE	EUR 68
PEDICURE WITH NAIL POLISH	EUR 78

## FOR OUR LITTLE ONES

Up to 12 years

MY FIRST MASSAGE	20 MIN   EUR 35
POWER GIRL	45 MIN   EUR 68
Relaxing massage, cleansing mask, must-have nail polish, cocktail voucher for our beauty fairy.	
SPARKLE NAILS	EUR 35
Nail shaping, polish with glitter stones.	
SPIDERMAN	25 MIN   EUR 45
Relaxing massage, cleansing mask. We invite you to a men's cocktail.	

## PACKAGES

TO START	EUR 207
Sea salt peeling (25 min), pedicure with polish, Beauty Flash (30 min), eyebrow and eyelash tinting	
ANNA CARE EAU THERMALE	EUR 173
Natural facial (55 min), Natural Body (55 min)	
LOVE YOUR AGE	EUR 295
Partial body massage legs (25 min), intensive cosmetic treatment, antistressmassage (50 min)	
BALANCE	EUR 171
Soothing bath (25 min), Kerala (80 min)	
CALM DOWN	EUR 174
Antistress bath (25 min), draining full body massage (50min), foot massage (25 min)	
GLOW	EUR 288
Glowing Skin (about 80 min), Draining full body massage & Draining facial massage (80 min)	
MOMMY TO BE	EUR 151
Shiro Abhyanga, partial body massage leg (25 min), beauty flash (30 min)	
VINUM DREAM	EUR 164
Wine marc peeling (25 min), Vinum magic (90 min)	
VITALITY MAN	EUR 261
2 sports massages (50 min), Gentleman Like (50 min)	
FIVE SENSES	EUR 264
Shiro Abhyanga (30 min), Maha Marma (50 min), Kerala (80 min)	
TEENIE	EUR 155
Facial Teenie (about 80min), Eyebrow & eyelash tinting, Partial body massage legs (25min)	

INCLUDING 10% PRICE ADVANTAGE

## RESERVATION

We recommend that you reserve your preferred times a few days in advance. We will be happy to put together an individual and personal program after an on-site consultation.

## PREPARATION

To avoid wasting precious time during your treatment, we ask that you arrive showered, in swimwear or underwear, a bathrobe and without jewelry. No make-up for facial treatments. We recommend that you drink plenty of water before and after your treatment to help your body detoxify.

## HEALTH

Each treatment is individually tailored to you. Take a few minutes to rest after the treatment. Please inform us in advance if you have any health complaints or are pregnant.

## REST AND RELAXATION

Our spa is a refuge of peace and relaxation. Please support this atmosphere of tranquillity. The bathing and sauna area is non-smoking and e-cigarettes are not permitted.

## IN CASE SOMETHING COMES UP

Please inform us of any changes or cancellations up to 6 hours before the agreed appointment. Otherwise we will charge the full 100% of the treatment price. If you arrive late, we ask for your understanding that your (or the?) treatment time will be shortened accordingly.

## BATH TOWELS

You will find the Muchele bath bag filled with bath towels in your room. We ask you to use them in an environmentally friendly way.

## DAY SPA

You are also welcome to come to us if you are not a house guest - both for treatments and for the day spa.